

THE IMPACT OF PARENTING STYLES ON CHILD DEVELOPMENT: A COMPREHENSIVE REVIEW

Wang Yanxue*, Amiya Bhaumik

Lincoln University College, 47301 Petaling Jaya, Selangor D. E., Malaysia.

Corresponding author: Wang Yanxue, L Lincoln University College, 47301 Petaling Jaya, Selangor D. E., Malaysia, Email: wangyanxue020@outlook.com

ABSTRACT

The present review paper offers a comprehensive analysis of the impact of diverse parenting styles on several dimensions of child development. Through an extensive analysis of empirical research, the article classifies parenting styles into four primary categories: authoritative, authoritarian, permissive, and neglectful. It then examines the specific effects of these styles on the emotional, social, and cognitive development of children. Authoritative parenting, which is marked by a high level of parental responsiveness and demanding expectations, is regularly linked to favourable developmental results such as increased self-esteem, improved academic achievement, and greater social abilities. By contrast, authoritarian parenting, characterized by its focus on stringent regulations and minimal emotional assistance, frequently results in diminished self-esteem and increased levels of anxiety and violence. Permissive parenting, characterized by a high level of responsiveness but modest expectations, can lead to challenges in self-regulation and academic underperformance. Conversely, neglectful parenting, which is characterized by a low level of responsiveness and low expectations, is associated with various adverse consequences, such as behavioral issues and poor academic achievement. Furthermore, the paper examines the influence of psychological and environmental variables on the formation of these effects. The text provides practical suggestions for both parents and educators on how to use well-informed and balanced parenting strategies that promote ideal child development.

Keywords: Child Development; Cognitive Development; Comprehensive Review; Emotional Growth; Parenting Styles.

INTRODUCTION

The process of parenting is a crucial and significant factor in moulding the development of a kid, including a wide range of customs, views, and actions. For decades, psychology research has focused on the significance of parental behaviours in child development, collecting substantial evidence that demonstrates their

significant influence on a kid's social, psychological, and intellectual development. An analysis of the impact of various parenting styles on development can offer significant knowledge for educators, parents, and legislators seeking to promote the best possible child development (Jeong et al., 2021).

Definition of Parenting Styles

Parenting styles encompass the comprehensive structures of conduct that parents demonstrate in their engagements with their children. Through her groundbreaking research in the 1960s, Diana Baumrind developed a fundamental framework that identified three main parenting types: authoritative, authoritarian, and permissive. Subsequent studies extended this classification to encompass a fourth category: negligent or disengaged parenting. Individual styles are distinguished by different degrees of attentiveness and demanding nature, which collectively shape the developmental path of children.

The behavioural patterns, emotional responses, and interpersonal abilities of parents are essential factors in the personal growth and self-management of persons in social situations. The interaction between emotions and interpersonal abilities might serve as either risky or protective variables in relation to problematic behaviours during adolescence (Carapito et al., 2018). Enhancing personal autonomy, alterations in family dynamics, the move from specific to formalized thinking, and changing social interactions are elements that influence the psychosocial growth of an individual, with the family assuming a pivotal position. The emotional, social, and personal development of teenagers is significantly influenced by the parenting behaviours and family dynamics they experience. These concepts (parenting styles, affects, and interpersonal abilities) can be interconnected, where the parenting styles influence the other variables.

Authoritative parenting

An authoritative parenting style is characterized by a harmonious combination of affection and organization. Parents that incorporate this approach demonstrate both attentiveness to their children's requirements and provide explicit expectations and limits. Their approach involves transparent communication, promotion of autonomy, and use of logical thinking instead of punitive actions. Empirical studies repeatedly demonstrate that children brought up by authoritative parents have a propensity for elevated self-esteem, superior academic achievement, and enhanced social competencies. This parenting approach is commonly linked to a favourable child development path, characterized by improved emotional control and reduced behavioural issues.

Authoritarian parenting

Authoritarian parenting, in contrast, is distinguished by demanding expectations and limited responsiveness. Authoritarian parents impose stringent regulations and demands from their children without offering much psychological encouragement or facilitating open communication. This approach prioritizes compliance and self-control, frequently achieved by harsh consequences. Children reared in authoritarian parenting styles may have diminished self-esteem, heightened anxiety, and challenges in social relationships (Balantekin et al., 2020). Existing research suggests that although authoritarian parenting can prompt instant obedience, it can also give rise to enduring difficulties in emotional and social growth.

Permissive parenting

Permissive parenting is characterized by a prominent level of responsiveness but a minimal level of demandingness. Permissive parents exhibit warmth and nurturing qualities, although they do not establish clear limits or expectations. Parents often grant their children substantial autonomy and refrain from enforcing regulations or exercising discipline. The permissive parenting style, although promoting a robust parent-child relationship and creativity, can also result in challenges related to self-regulation, academic achievement, and behavioural difficulties. Offspring raised in permissive households may have difficulties in assuming authority and responsibility, which can hinder their capacity to adjust to organized working settings.

Parental Negligence

Negligent or uninvolved parenting is characterized by insufficient levels of both attentiveness and demanding nature. Negligent parents exhibit a state of social detachment and disengagement from their children's lives, offering no emotional encouragement or supervision. This parenting approach is linked to several adverse consequences, like behavioural problems, subpar academic achievement, and emotional challenges. Children residing in neglectful households frequently encounter difficulties in cultivating positive relationships and managing stress.

Influences of Culture and Context

It is imperative to acknowledge that parenting approaches do not function independently. The influence of cultural and contextual dimensions is substantial in determining methods of parenthood and their impact on the development of children. The definition and perception of parenting styles are influenced by cultural norms and beliefs. For example, what is deemed knowledgeable in one culture may be interpreted differently in another. Furthermore, socioeconomic variables, levels of parental education, and dynamics within the family might influence the implementation and results of parenting styles.

Multiple conceptual frameworks provide valuable understanding of the processes by which parenting styles impact the development of children. For instance, attachment theory highlights the significance of safe parent-child interactions in promoting sound emotional and social growth. Child-rearing techniques that foster stable relationships, such as authoritative parenting, are linked to favourable developmental results. Alternatively, parenting methods that weaken the establishment of secure attachment, such as negligent or authoritarian parenting, might result in difficulties in child development.

The social learning theory offers a conceptual framework for comprehending the influence of different parenting approaches. According to this hypothesis, infants acquire behaviours and attitudes from direct observation and subsequent imitation of their respective parents. Authoritative parenting, characterized by its focus on demonstrating desirable conduct and fostering transparent communication, enhances the development of adaptive social and emotional abilities. Conversely, autocratic and negligent parenting styles may exemplify less adaptive behaviours and fall short in offering the essential direction for sound growth. Given the substantial influence of parenting styles on child development, this review intends to offer a thorough examination of the existing research on the subject. The objective of the review is to elucidate the connections between various approaches to parenting and important developmental outcomes such as emotional regulation, communication abilities, educational achievement, and behavioural changes by combining results from several studies. Furthermore, the review will analyse the influence of cultural and contextual elements in governing these impacts and emphasize deficiencies in the current body of knowledge.

Furthermore, the review will provide pragmatic suggestions for parents, educators, and policymakers derived from the offered research. Through a comprehensive understanding of the effects of various approaches to parenting, participants can make well-informed choices to promote the best possible child development and tackle feasible obstacles. Ultimately, the investigation of parenting approaches and their influence on child development is a crucial field of study with extensive consequences (Mak et al., 2020). Given the continuous evolution of parenting methods and the changing societal standards, it is crucial to continuously study how these practices impact developmental outcomes. The objective of this review is to enhance the overall comprehension of this intricate connection and offer practical insights for fostering sound child development.

Objectives of the research

- To consolidate the current body of research on types of parenting and developmental consequences

- To assess the influence of cultural and contextual elements on methods of parenthood
- To pinpoint deficiencies and constraints in the existing body of research
- To offer pragmatic suggestions for parents, educators, and policymakers

LITERATURE REVIEW

The influence of parenting styles on child development has been a central focus of psychological research, with a multitude of studies investigating the effects of different parenting techniques on diverse developmental outcomes. This literature review presents a comprehensive summary of significant discoveries about each specific parenting style—authoritarian, authoritative, permissive, and neglectful—and their impact on the emotional, social, and cognitive growth of children.

Authoritative parenting

An authoritative parenting style is defined by a combination of high responsiveness and strong demandingness. Authoritative parents employ a combination of support and demand, effectively harmonizing affection with organization. This particular approach is regularly linked to favourable developmental results in several research investigations.

Empirical studies regularly demonstrate that children who are brought up by authoritarian parents display elevated levels of self-esteem and emotional management. An investigation conducted by Rohmalimna et al. (2022), revealed that youngsters who are authoritative tend to have superior emotional well-being and greater proficiency in managing stress and overcoming challenges. Furthermore, these youngsters are more prone to evolving a secure attachment style, which is associated with favourable emotional consequences.

Social development: Authoritative parenting enhances the acquisition of effective social skills and fosters improved peer interactions. Children raised in authoritarian households typically demonstrate more social competence and display elevated levels of empathy and pro-social behaviour (Balantekin et al., 2020). One reason for this is that authoritative parents frequently promote transparent communication and provide direction in social contacts, therefore assisting children in navigating intricate social settings.

Cognitive Development: The proven cognitive advantages of authoritative parenting are well established. According to Lansford (2021), children who are brought up in authoritative households generally have higher academic performance and demonstrate enhanced cognitive competencies. This phenomenon can be ascribed to the adept management of support and expectations by the authoritative parent, which creates a learning atmosphere that is favourable for intellectual development.

Authoritarian parenting

Authoritarian parenting is characterized by a higher level of expectations and a lower level of compliance. Authoritarian parents impose stringent regulations and demands while offering minimal emotional assistance.

Empirical research suggests that authoritarian parenting styles can result in diminished self-esteem and increased levels of anxiety among children. An investigation conducted by Rohmalimna et al. (2022), revealed that children raised in authoritarian households are more likely to encounter emotional distress and face challenges in regulating their emotions. Deprivation of emotional support and prioritization of compliance can erode a child's sense of self-value and emotional fortitude.

Social Development: Authoritarian parenting styles can have adverse effects on social development. Children raised in authoritarian households generally face difficulties in social relationships and may display elevated levels of both aggressiveness and social withdrawal. Authoritarian parenting, characterized by its inflexible and controlling approach, might restrict children's chances to cultivate proficient social abilities and experience confidence in their interpersonal connections.

Analysis of Cognitive Development: The cognitive results linked to authoritarian parenting are inconclusive. Previous research indicates that children raised in authoritarian households may attain academic excellence as a result of elevated expectations and rigorous discipline. However, they may also suffer from a deficiency in creativity and problem-solving abilities (Jeong et al., 2021). The prioritization of conformity above autonomous thought might limit intellectual inquisitiveness and cognitive adaptability.

Permissive parenting

Permissive parenting is defined by significant levels of receptivity and minimal levels of demandingness. Permissive parents cultivate a warm and tolerant environment yet enforce little regulation or expectation.

Empirical evidence indicates that children raised in permissive households may encounter challenges in regulating their emotions and exercising self-control. An investigation conducted by Mak et al. (2020), revealed that children who exhibit permissive behaviour tend to display greater levels of impulsivity and have less capacity to regulate their emotions efficiently. Failure to establish clear limits and maintain regular expectations might result in difficulties in cultivating self-regulation and emotional fortitude.

Social Development: Permissive parenting can exert both beneficial and detrimental impacts on the process of social development. On the one hand, the loving disposition of permissive parents can cultivate robust and encouraging bonds with their children. Conversely, the absence of limits and controls can lead to behavioural problems and challenges in exercising power. Adapting to regimented situations and adhering to social norms can be challenging for children raised in permissive households.

Cognitive Development: The cognitive results of permissive parenting exhibit a range of variations. Although liberal parents typically create a conducive atmosphere that fosters creativity and exploration, children may have difficulties in terms of academic performance and self-control (Lansford, 2021). The lack of explicit expectations and an organizing framework can affect children's capacity to concentrate and persevere in their academic pursuits.

Parental Negligence

Neglectful parenting, alternatively referred to as uninvolved or disengaged parenting, is distinguished by diminished levels of both responsiveness and demandingness. Negligent parents frequently exhibit a sense of detachment and disengagement from their children's lives.

Emotional Development: Children brought up by parents who disregard their well-being are highly susceptible to experiencing emotional and psychological health problems. Evidence has demonstrated that negligent parenting is correlated with heightened levels of anxiety, sadness, and behavioural issues (Carapito et al., 2018). Insufficient provision of emotional support and direction might result in challenges in forming stable bonds and maintaining appropriate emotional control.

Social Development: Children from neglectful parents typically experience poor social development. Research conducted by Balantekin et al. (2020) suggests that these youngsters may display inadequate social skills, elevated levels of aggression, and challenges in establishing and sustaining relationships. Without parental engagement and direction, social competency and interpersonal skills may be compromised.

Research has shown that neglectful parenting might have a negative impact on cognitive development. Children from households characterized by neglect consistently demonstrate subpar performance in academic environments and display diminished levels of cognitive ability. Educational attainment and intellectual development might be impeded by the absence of parental involvement and support.

An analysis of cultural and contextual factors

It is imperative to acknowledge that the influence of parenting techniques might range greatly among various cultural and contextual environments. Cultural norms, social status, and family dynamics can shape the implementation of parenting techniques and their impact on the development of children. For instance, what is deemed authoritative in one culture may be interpreted differently in another, therefore influencing its influence on childhood development results.

Furthermore, socioeconomic issues are of paramount importance in influencing parenting behaviours and their consequences. Resources-constrained families may encounter difficulties in adopting specific parenting methods, which can have an effect on developmental results. A comprehensive grasp of these cultural and environmental differences is crucial for the application of study results to different groups and the development of successful parenting treatments.

The existing body of research on the influence of parenting styles on child development provides valuable understanding of how different parenting techniques affect different facets of a kid's development. Research repeatedly shows that authoritative parenting is correlated with favourable emotional, social, and cognitive results, whereas authoritarian, permissive, and negligent parenting styles are connected with various difficulties and developmental problems. Nevertheless, it is essential to take into account cultural and contextual elements that can potentially reduce these impacts. Further study is required to investigate these dynamics in greater depth and fill in the gaps in the current literature, therefore enhancing the understanding of how parenting techniques impact child development in various settings.

Literature Gap

Notwithstanding the considerable amount of study conducted on different types of parenting and their impact on child development, there are still several deficiencies in the existing literature. The current body of research on the effects of developing parenting practices, which are shaped by contemporary social media and technological advances, on child development is insufficient. Furthermore, although cultural differences are recognized, there is a necessity for more comprehensive research investigating the impact of various cultural environments on the efficacy of parenting approaches. Third, there is a paucity of longitudinal studies investigating the long-term impacts of parenting approaches on adult outcomes. Moreover, empirical studies frequently fail to consider the interaction between socioeconomic variables and parenting methods, which can influence developmental results. Furthermore, it is imperative to do more detailed studies on the impact of parenting techniques on children with varying requirements, such as those with impairments or from underprivileged neighbourhoods. The resolution of these deficiencies will augment the comprehension of methods of parenthood and provide more focused treatments to promote favourable child development in diverse settings.

DISCUSSION

Overall, the findings of this extensive analysis emphasize the substantial impact that diverse parenting styles exert on several facets of child development, encompassing social, emotional, and intellectual areas. The authoritative parenting style regularly proves to be the most advantageous, as it fosters robust self-esteem, interpersonal abilities, and academic accomplishment. The equilibrium between warmth and structure offered by authoritative parents establishes a setting in which children experience both support and challenge, therefore promoting both autonomy and accountability. By contrast, authoritarian parenting, which is marked by stringent regulations and minimal emotional assistance, sometimes has varied results (Frosch et al., 2019). Despite its potential to promote obedience and academic success, it frequently leads to diminished self-esteem, heightened anxiety, and worse social abilities. The prioritization of compliance and self-control can suppress innovation and autonomous cognition, therefore constraining children's capacity to successfully negotiate intricate social contexts.

Permissive parenting, characterized by a high level of attentiveness but low expectations, poses an additional distinct set of difficulties. Despite the loving atmosphere created by permissive parents, the absence of structure can result in challenges related to self-regulation, academic underperformance, and power struggles. The development of discipline and resilience necessary for success in structured environments may be challenging for children who are brought up in permissive households.

Negligent parenting, characterized by a deficiency in both responsiveness and rigorousness, is linked to the most adverse consequences. Children residing in home environments characterized by neglect are more susceptible to experiencing emotional issues, social challenges, and subpar academic achievements (Fang et al., 2022). Insufficient parental engagement and direction can result in various developmental challenges, including maladaptive attachment and behavioural disorders.

The aforementioned results emphasize the need for adopting a well-rounded parenting strategy that integrates assistance with explicit expectations. Nevertheless, it is crucial to take into account the cultural and social environment in which parenting takes place. Cultural conventions, economic forces, and social expectations exert effects on parenting techniques, therefore preventing their existence in isolation (Greene et al., 2020). For example, what is considered authoritative in a specific society may be interpreted differently in another, therefore influencing its influence on the development of children. Moreover, the analysis uncovers a deficiency in the existing body of knowledge concerning the enduring consequences of different parenting methods and their impact on life outcomes in adulthood. Future research should prioritize longitudinal studies that investigate the enduring effects of these phenomena, together with the influence of contemporary factors such as social media and technological advances on parenting methods. Gaining insight into these relationships will offer a more complete understanding of how approaches to parenting influence not just childhood but also early life development.

DISCUSSION

Eventually, parenting styles are crucial in determining a child's growth, impacting their intellectual, emotional, and behavioural results. Based on an extensive analysis of current research, it is evident that authoritative parenting, which is marked by affection, attentiveness, and well-defined limits, is regularly linked to favourable developmental results such as increased academic performance, improved emotional control, and enhanced social abilities. By contrast, authoritarian parenting, characterized by rigorous discipline and limited responsiveness, frequently results in negative consequences such as diminished self-esteem and heightened behavioural issues. Adopting a permissive parenting style, characterized by indulgence and leniency, can lead to challenges in self-control and subpar academic achievement. Negligent parenting, characterized by insufficient attention and engagement, is associated with the most harmful consequences, like attachment problems and inadequate peer interactions.

Nevertheless, it is crucial to acknowledge that the influence of parenting techniques varies among children and can be modulated by elements such as cultural background, socio-economic standing, and the unique temperament of each child. Moreover, whereas parenting styles offer a valuable construct for comprehending child growth and development, they are just one component of a more comprehensive system that encompasses environmental, genetic, and cultural variables. Subsequent investigations should persist in examining these interactions to facilitate a more intricate comprehension of how various parenting methods impact the development of children among distinct demographic groups. Ultimately, it is essential to cultivate a parenting style that is maintained, flexible, and understanding in order to enhance the well-being and integrated growth of children.

REFERNCES

1. Balantekin KN, Anzman-Frasca S, Francis LA, Ventura AK, Fisher JO, Johnson SL. Positive parenting approaches and their association with child eating and weight: A narrative review from infancy to adolescence. *Pediatr Obes.* 2020;15(10).
2. Carapito E, Ribeiro MT, Pereira AI, Roberto MS. Parenting stress and preschoolers' socio-emotional adjustment: The mediating role of parenting styles in parent-child dyads. *J Fam Stud.* 2018;26(04):1-17.

3. Fang Y, Luo J, Boele M, Windhorst D, van Grieken A, Raat H. Parent, child, and situational factors associated with parenting stress: A systematic review. *Eur Child Adolesc Psychiatry*. 2022;33(6):1687-705.
4. Frosch CA, Schoppe-Sullivan SJ, O'Banion DD. Parenting and child development: A relational health perspective. *Am J Lifestyle Med*. 2019;15(1):45-59.
5. Greene CA, Haisley L, Wallace C, Ford JD. Intergenerational effects of childhood maltreatment: A systematic review of the parenting practices of adult survivors of childhood abuse, neglect, and violence. *Clin Psychol Rev*. 2020;80(1):101891.
6. Jeong J, Franchett EE, Ramos de Oliveira CV, Rehmani K, Yousafzai AK. Parenting interventions to promote early child development in the first three years of life: A global systematic review and meta-analysis. *PLoS Med*. 2021;18(5):1-51.
7. Lansford JE. Annual research review: Cross-cultural similarities and differences in parenting. *J Child Psychol Psychiatry*. 2021;63(4):466-79.
8. Mak MCK, Yin L, Li M, Cheung RY, Oon P-T. The relation between parenting stress and child behavior problems: Negative parenting styles as mediator. *J Child Fam Stud*. 2020;29(11).
9. Rohmalimna A, Yeau O, Sie P. The role of parental parenting in the formation of the child's self-concept. *World Psychol*. 2022;1(2):36-45.